



Need an Attitude Adjustment?

Morale Low? Under Stress? Surrounded by Negative People?

It can be hard to stay positive when faced with challenges and change. And its even harder when you're surrounded by negative people.

Negativity robs you of energy and productivity, and affects your health, attitude, work team and family. Learn secrets to being up even when things are down!

Eliminate negativity and increase your energy and productivity!

Learn to inoculate yourself and others from the negativity virus.

Want to feel positive on the job again? Want to motivate others?

Sign up now! Send the whole team!

Dealing with Negativity in the Workplace: How to Stay Up when Your World Is Down

Featuring International Speaker
Author, and Courage Coach



**August 23, 2010
Tumwater, WA**

**2 sessions: 8:30-Noon
or 12:30-4:00**

Negativity is rampant. And unless you have the right skills, you and your team are paying the price. Arm yourself now! Learn to protect yourself from the emotional land mines of difficult people, stress, complainers, and more. Eliminate feelings of helplessness by becoming your own hero and taking charge. **Here are some course highlights:**

- Learn how to stay calm and in control even when others are losing it
- Stop rumor mills and office gossip
- Deal with negative colleagues, managers, and staff
- Identify 5 types of negative people from Whiner Will to Threatening Thelma
- Learn if you've been infected by negativity and how to cure it fast
- How to influence those around you, too. It takes more than a pep talk to build morale! Imagine what it would be like to work in a positive place. Sign up now!

Place: Labor & Industries
7273 Linderson Way SWS 117
Tumwater, WA 98501

Time: 8:30AM —Noon
Or 12:30—4 PM

Investment: \$87

Join us for an exciting,
life-changing day! It can
make a difference!

"I came in not knowing what to
expect and left mind-blown!
I feel like the power is mine and
only mine. You made me open
my eyes!"

D. Shear

Register Now! Here's How:

Online:

<http://icsew.wa.gov/events/calendar/training.asp>

Or contact Gen O'Sullivan

(360) 725-9704 ICSEW@sao.wa.gov

Or contact Kathy Bote`

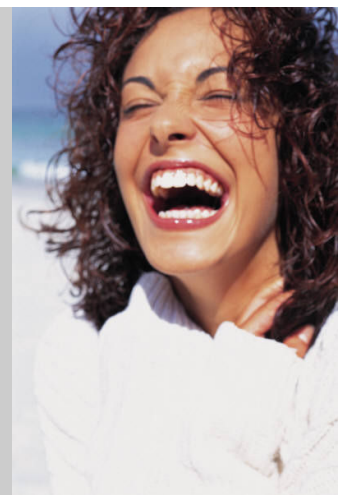
(425) 432-9345 KathyBote@couragespeaks.com

Fee payable prior to program. Mail investment to
Courage Speaks PO Box 1509 Maple Valley, WA 98038
Federal. ID: 27-0223330

Cancellation Policy: For refund, cancel by July 19, 2010

Substitutions welcome or fee applied to future program

Bring Kathy to your next event! www.CourageSpeaks.com



"Become Your Own Hero!"